

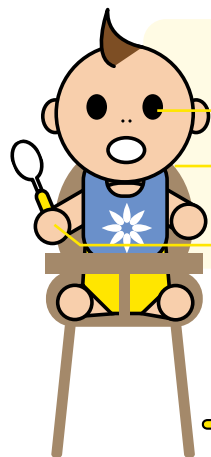
## READINESS FOR PROCESSED BABY FOODS?

Mashed and complementary foods can start to be introduced between the start of the 5<sup>th</sup> month and the end of the 6<sup>th</sup> month. The following behaviours will tell you if your baby is ready to start eating such foods.



### BABY

- will be curious as to what you are eating
- can sit upright with support (e.g. on someone's lap, later on in a highchair) and can hold its head upright
- can grasp an object and lead it to its mouth



## TIPS FOR INTRODUCING COMPLEMENTARY FOODS

- Feed the child in an upright position, i.e. in a baby bouncer or baby car seat, later in a high chair.
- Use a **small spoon** and start with small portions. The first attempts at eating these foods will serve primarily to familiarise baby with solid foods.
- To start with**, offer **breast or bottle**, later on water or tea, after complementary food.
- Introduce new foods** at intervals of **3-4 days**, preferably during the day.
- Patience**: baby needs to become accustomed to and practice eating with a spoon.
- Appetites** will **vary** from child to child and from mealtime to mealtime.
- Be able** to read the **fullness signals** of your child (head turned away, mouth firmly closed, food pushed from mouth) and **do not force the child to eat**.
- The **child will need time** to get used to new foods.
- Do not place the child's **spoon** in your **own mouth**.

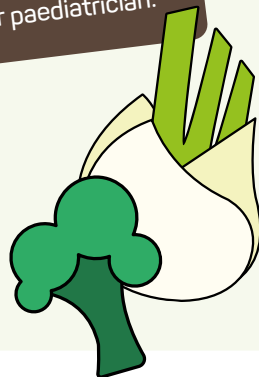
## AVOID THE FOLLOWING IN THE FIRST YEAR

- Sugar, salt, honey and whole nuts

## THE FOLLOWING WILL ADD TO YOUR CHILD'S ENJOYMENT OF EATING

- Regular mealtimes, if possible at the dining table**
- A relaxed atmosphere**
- Do not use distractions** or games to coerce the child to eat beyond its point of satisfaction.
- Allow the child to join in at **family mealtimes** (role model function).
- Support the **independence of your child** by occasionally also allowing it to hold the spoon itself or allowing it to eat small soft pieces with its fingers.
- Allow the **child to decide** whether and how much it eats.
- As soon as your child is comfortable with eating mashed or puréed foods, **add new foods to its meal plan**.
- If your child rejects a food, offer it again at a **later point in time**.

These are general recommendations. For personalised advice, please contact Elternberatung Basel-Stadt or your paediatrician.



### TIPS FOR PREPARING COMPLEMENTARY FOOD USING A VEGETABLE-CEREAL MASH BY WAY OF EXAMPLE

- Select local vegetables that are in season
- $\frac{2}{3}$  vegetables,  $\frac{1}{3}$  potatoes or cereal
- Purée the mash finely to start with, later squash more coarsely, then offer as finger food
- The mash can be stored for up to 24 hours in the refrigerator; alternatively, it can be frozen as portions
- Add 1-2 teaspoons each of rapeseed oil and fruit juice to the thawed and warmed portion

For personalised advice:



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Tel. 061 690 26 90  
[www.elternberatungbasel.ch](http://www.elternberatungbasel.ch)  
[www.baslerfamilien.info](http://www.baslerfamilien.info)

Gesundheitsdepartement Basel-Stadt  
Medizinische Dienste | Prävention  
Malzgasse 30 | 4001 Basel  
[www.gesundheit.bs.ch](http://www.gesundheit.bs.ch)

Gesundheitsförderung Schweiz

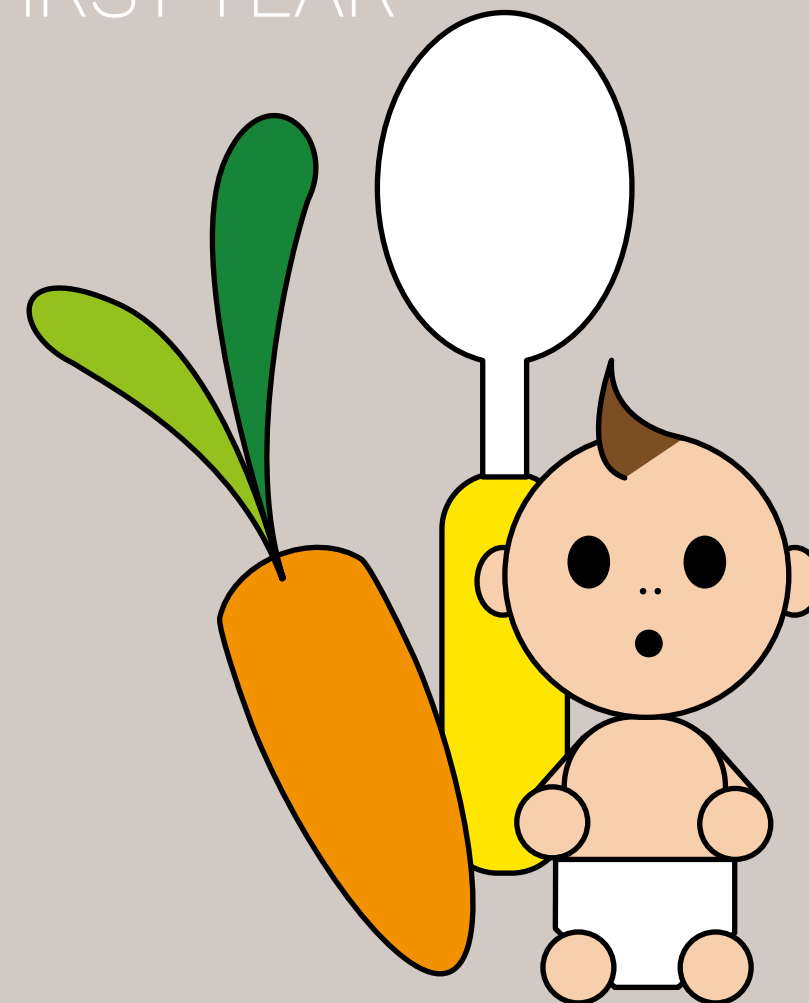


Gesundheitsdepartement des Kantons Basel-Stadt

Medizinische Dienste

► Prävention

## NUTRITION PLAN FOR BABY'S FIRST YEAR



1<sup>ST</sup>

MONTH

2<sup>ND</sup>

MONTH

3<sup>RD</sup>

MONTH

4<sup>TH</sup>

MONTH

5<sup>TH</sup>

MONTH

6<sup>TH</sup>

MONTH

7<sup>TH</sup>

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9<sup>TH</sup>

MONTH

10<sup>TH</sup>

MONTH

11<sup>TH</sup>

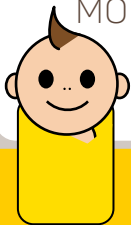
MONTH

12<sup>TH</sup>

MONTH

13<sup>TH</sup>

MONTH



**BREAST OR BOTTLE-FEEDING PERIOD**

Breast/bottle feeding only is recommended for 4-6 months



**COMPLEMENTARY FOODS**

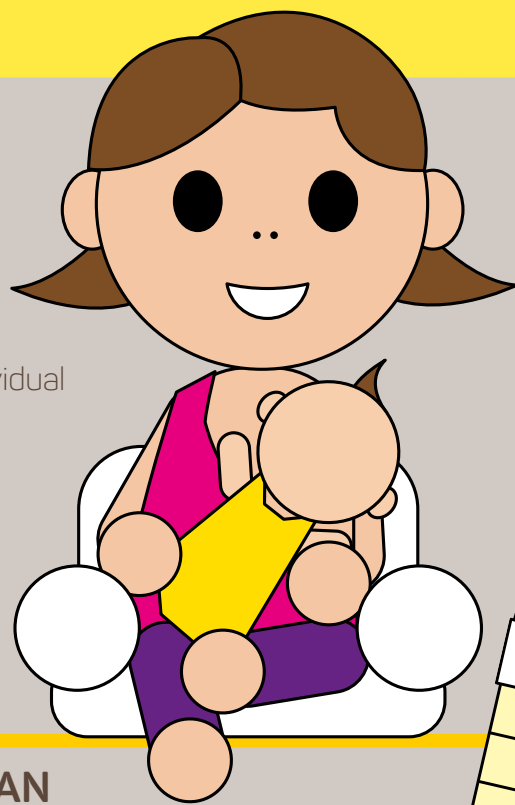
Introduced between the start of the 5<sup>th</sup> and the end of the 6<sup>th</sup> month



Transition to **TABLE FOODS**

**BREAST MILK**

**INFANT MILK**



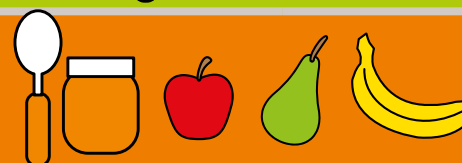
Feeding time is individual



**VEGETABLES**



Fennel, carrot, pumpkin, zucchini, parsnips, broccoli & cauliflower florets, capsicum, tomato, kohlrabi, spinach etc. (with added rapeseed oil)



**FRUITS**



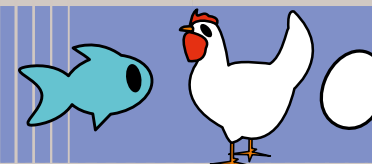
Apple, pear, banana (ripe), strawberry, plum, cherry, melon, berries, kiwi fruit, peach, grapes, etc. (when in season)



**CEREALS/LEGUMES/POTATOES**



Millet, rice, maize, spelt, oats, rye, barley, wheat, peas, pasta, potatoes, puffed corn, rusks, bread etc.



**FISH/MEAT/EGG**

Salmon, trout, beef, lamb, poultry etc. 1-2 times per week  
Whole egg, boiled, as an alternative to meat and fish

**DAIRY PRODUCTS**



In small quantities:  
butter (to enhance flavour),  
natural yogurt and whole milk

Quark, cheese

**NUTRITION PLAN FOR BABY'S FIRST YEAR**

1<sup>ST</sup> MONTH

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12<sup>TH</sup> MONTH

13<sup>TH</sup> MONTH